



MWR Communications Update

ISSUE 46
June 24, 2004

Communicating with the MWR Communicator
News you can use to copy and paste
5720 Integrity Drive Millington TN 38055-6580

www.mwr.navy.mil

Contact Robin at 901-874-6625 or DSN 882-6625 or e-mail
p658cp@persnet.navy.mil

HAILS AND FAREWELLS

Do you have new personnel in your marketing, communications or public affairs office? Are they on our e-mail list? If not, contact us and we'll add them, so they can begin receiving all the important mail.

BROCHURE WRITING TIPS

FROM <http://www.stocklayouts.com/support/copy.aspx>

Use these tips to help guide you through the brochure creation process.

- The cover of a brochure, whether it carries a headline or just a title, must do a strong selling job. Graphics should be carefully chosen to entice the reader. The job of the cover is to get the reader to open it to learn more. If it's not catchy, the rest of the copy won't be read.
- It is recommended to not use graphics, photographs or other artwork just for the sake of having them there. If you use a graph, make sure it tells a story (for example: our participation is increasing), and back up that story with a caption ("Pool usage has risen tenfold in the past 2 years"). By the way, one large photo or graphic is better than several tiny ones. It makes a bolder statement...and it's easier on the eyes and less confusing. The simpler, the better.
- Be aware that most people will only skim your brochure. You can make sure they get key information by using descriptive headlines, and by dividing your brochure into short, easy-to-read sections. Separate each section with a subhead – a secondary headline that describes the copy that follows.
- A brochure is an information tool...it needs to support your image, but it also needs to have substance. Stress the benefits of your product or service. Talk about features. If you're writing about a product, show how a typical customer would use it. Describe how your product or service has solved a problem for a specific client. Think about including testimonials from satisfied customers.
- Tell readers what action to take. Don't leave them hanging. Ask for the order. Give them a mechanism for buying your product or service. And don't forget these important details (as applicable):

Company's name and address and contact information
Web address
Directions and locations

MWR IDEA EXCHANGE BOARD

Naval Station Ingleside



"NS Ingleside
Cruise.pdf"



"NS Ingleside
Monterey MX Weeker



"NS Ingleside Big
Fish.pdf"

NAF Atsugi



"NAF Atsugi issue
June 11 @atsugi o1.g



"NAF Atsugi
read-a-thon 11x17 ot

COMFLEACT Yokosuka



"COMFLEACT
Yokosuka.pdf"



"COMFLEACT
Yokosuka auto hobby

SPOTLIGHT ON NAVAL AIR STATION LEMOORE CA

NAS Lemoore sends newsletters via e-mail with all the information in the body of the e-mail. No need to download. Take a look.



"NAS Lemoore QOL
Weekly Events June



"NAS Lemoore
Happenings.pdf"



"NAS Lemoore
Wednesday News.pdf

PROGRAMMING CALENDAR

Link to the full calendar on the MWR Web site:
<http://mwr.navy.mil/subpages/mwr04calendar.rtf>



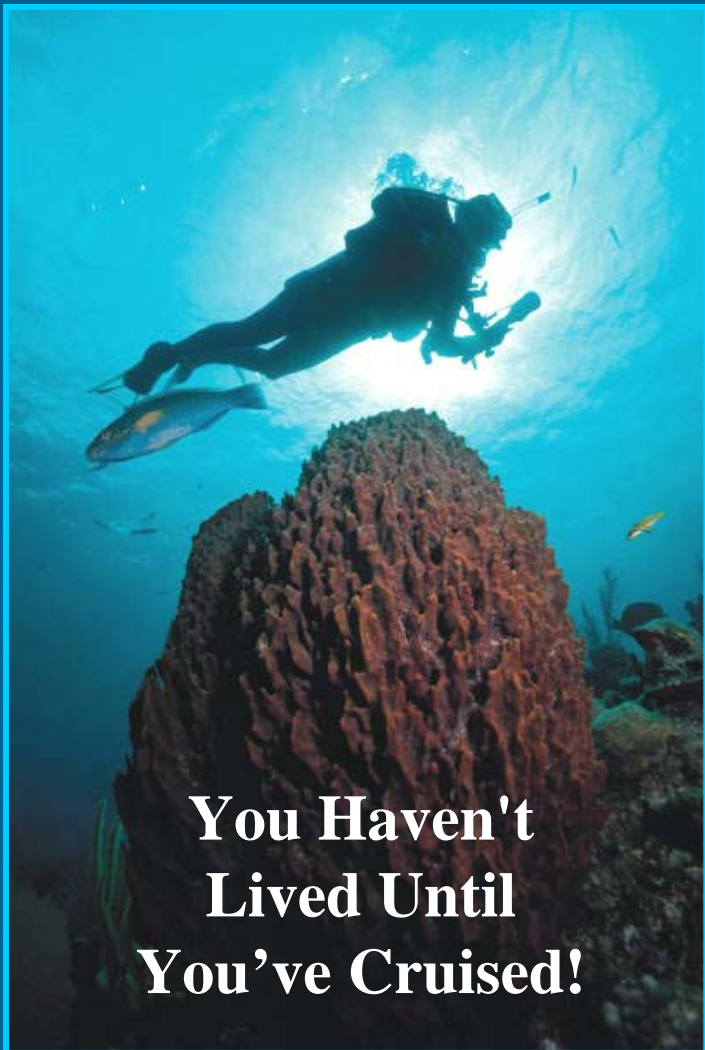
"July is.pdf"



"August is.pdf"



"September is.pdf"



**You Haven't
Lived Until
You've Cruised!**



**Call
776-5841
for more
information!**

Did you know ???

...Naval Station Ingleside's ITT can plan your next pleasure cruise? As a member of Cruise Lines International Association, ITT can book cruises on the finest cruise lines to the hottest vacation destinations. Let our CLIA Travel Agent plan an unforgettable vacation at an incredible price.

**Cruises leaving from Galveston onboard
Norwegian Cruise Lines and
Caribbean Cruise Lines.**



Monterrey, Mexico Weekend!



- 3 exciting days/2 wonderful nights
- Friday, July 9th-Sunday July 11th
- \$199 Per Person
- Call ITT 776-4430 or 776-5841

**Hurry...
Only
2 slots
left!**

Your Monterrey Weekend includes travel by private coach; 2 nights stay at Crown Plaza with Continental breakfast; trip to Horsetail Falls (right), glass factory & silver factory; shopping at Los Cavasos and more!



110 lb. Yellow Fin Tuna!!!



Caught June 20th onboard
"Team Navy"

 For Charter Information call 758-0350!



The Iron Maidens
All female tribute band!

FRI, JUNE 18 • 9 P.M.
CLUB TRILOGY

FREE TO ALL HANDS • ADULTS ONLY
www.theironmaidens.com

Officers' Club • 264-3620/3621

Outdoor Patio Cookout
Fri, Jun 18 • 5:15 p.m.

Gold Card Night
Featuring “Just As Nice” R&B Band
Fri, Jun 25 • Dinner: 5:15 p.m. • Show: 7:30 p.m.

Community Activities • 264-3782/3995

Sounds of Summer
Missmo Band & 21 Blades Band
Sat, Jun 12 • 6-10 p.m. • Reid Field • FREE
All Hands • All Ages

Outdoor Recreation • 264-6205

Teen Bike Clinic
Sat, Jun 12 • noon-1 p.m. • Teen Center
We'll be showing teens how to do minor repairs: fixing flats, spoke maintenance, and how to properly adjust brakes.

Father's Day Fishing Trip
Sun, Jun 13 • \$55 • Depart: 4:30 a.m. / Return: 3:30 p.m.
This is a great time for Fathers to get in some Trout Fishing along the hayato River Bank. All participants must be at least 12 years old. One guest per ID card holder. Price includes transportation & entry fee. Sign up Sun, Jun 9.

Paintball
Sat, Jun 19 • \$35 • Depart: 7 a.m. / Return: 4 p.m.
Challenge some of your friends to a day of paint ball fun at Tama Hills. All participants must be at least 17 years old. One guest per ID card holder. Price includes transportation, entry fees, mask, gun, and paint balls (1st set only). Sign up by Wed, Jun 16.

Fujimi Panorama Mountain Biking
Sun, Jun 20 • \$65 • Depart: 5:30 a.m.
Have you been looking for the ultimate Downhill biking adventure? Test your skills on Fujimi's 5-mile downhill course. Participants must be at least 17 with a parent or legal guardian to take part. Price does not include bicycle rental. This trip is limited to one guest per ID card holder. Sign up by Wed, Jun 16.

Zushi Wind Surfing
Sat, Jun 26 • \$95 • Depart: 9 a.m.
Here is your chance to lean how to wind surf, stay cool, and enjoy the beach. Come over to Outdoor Recreation to sign up for this wet and wild time. Participants must be at least 17 with a parent or legal guardian to take part. Class size is limited. Price includes transportation, wind surfing board and classroom / water instruction. This trip is limited to one guest per ID card holder. Sign up by Wed, Jun 16.

Shonan Beach Cycling
Sun, Jun 27 • \$10 • Depart: 8:30 a.m.-4 p.m.
It's the weekend!! Are you looking for some fun and exercise? Outdoor Recreation will lead you on an exciting 10-mile loop bike ride to the beach. Must be at least 16 with a parent or legal guardian to take part. Sign up by Wed, Jun 23.

Skymasters • 264-3658/3660

Weekly Menu
Monday • Kids' Night
Tuesday • Steak & Seafood Night
Wednesday • Pizza Factory
Thursday • Steak & Basket Shrimp
Friday • Mongolian BBQ
Saturday • Prime Rib Night

Club Trilogy • 264-3736

Iron Maidens
Fri, Jun 18 • 9 p.m.
All Hands • Adults Only • FREE
Don't miss this all-girl Iron Maiden tribute show.

Stand-Up Comedy
Featuring Black Prince & Nate Timmel
Wed, Jun 23 • 9:15 p.m.
All Hands • Adults Only • FREE

Craig Karges
Fri, Jun 25 • 9 p.m.
All Hands • Adults Only • FREE
www.craigkarges.com

Latino Night
Sat, Jun 26 • 9 p.m.
All Hands • Adults Only
Featuring DJ Berrios

Corner Pocket • 264-3782/3995

Sunday Night Pool Tourneys • 7 p.m.
Jun 13 • 9-Ball / Jun 20 • 7-Ball / Jun 27 • 10-Ball

Athletics • 264-3847/3560

Outdoor Pools Open Daily from Jun 12

Summer Softball League
Rosters Due: Today
Coaches Meeting: Tue, Jun 15 • 11:30 a.m. • Halsey Gym

Fun in the Sun Hash Run
Fri, Jun 18 • Register: 11 a.m. • Run Starts: noon
Halsey Gym

4th of July Softball Tournament
Enter by Thu, Jul 1
Entries may be dropped off at Halsey Gym, emailed to KVYork@atsugi.navy.mil, or faxed to 264-6640.

Single Sailor Liberty

264-3782

Movie Marathon Mondays @ Liberty Center
Every Monday • All Day • FREE

Basic Japanese
Tue, 15 & 29 • Wed, Jun 23 • 6 p.m. • FREE

Pool Lessons @ the Corner Pocket
Wed, Jun 16 • 7 p.m. • FREE

Pick a Flick Fridays @ the Liberty Center Mini-theater
Fri, Jun 11 & 25

T.G.I.FREE Friday @ Liberty Center
Fri, Jun 11, 18 & 25 • 6 p.m. • FREE

Extreme Bowling @ Atsugi Lanes
Thu, Jun 24 • 7 p.m. • FREE

Down to Your Last Buck
Fri, Jun 30 • 6 p.m. • FREE

Single Sailor Golf
Tuesdays in June & July • 4:30-6:30 p.m. • Driving Range • FREE

Liberty Tours

264-3782

Mystery Dinner
Thu, Jun 17 • 6 p.m. • \$15-\$30

New Sanno Overnight
Sat, Jun 19-Sun, Jun 20 • 1 p.m.
Double Rooms start at \$40 • Single Rooms start at \$50

Sake Factory Tour, Lunch and Yokota Shopping
Sat, Jun 26 • 11 a.m. • \$15-\$30

July
Extreme Sports Weekend
Sat, Jul 3- Mon, Jul 5
Sign-ups start Jun 15th at the Corner Pocket.

Tours & Travel

264-3786/3770

Tsukiji Fish Market and Ginza Sightseeing
Date: Sat, Jun 12 • Adult: \$20 / Youth (6-11)\$16 / Child \$10

Summer Break Excursions – Tama Zoo
Date: Wed, Jun 16 • \$6

Yomiuriland Amusement Park
Date: Sat, Jun 19 • \$7

Hakone Sightseeing
Date: Sat, Jun 19 • Adult (13+) \$35 / Youth (6-12) \$26 / Child (0-5) \$10

Miyagase Dam
Date: Sat, Jun 19 • \$15

Summer Break Excursions – Kasai Rinkai Park
Date: Mon, Jun 21 • \$5

Heiwajima Antique Fair
Date: Sat, Jun 26 • \$6

Summerland International Weekend
Date: Sun, Jun 27 • \$7

Summer Break Excursions – Queen's Square Yokohama
Date: Mon, Jun 28 • \$5

Independence Day – Spa Resort Hawaiians Overnight
Date: Sun, Jul 4-Mon, Jul 5
Adult \$157 / Youth (15-18) \$155 / Youth (12-14) \$152
Child (3-11) \$144 / Child (2 & Under) \$44

Shinshoji Temple & Narita Sightseeing
Date: Sat, Jul 10 • Adult \$34 / Youth (6-12) \$26 / Child (0-5) \$19

New Sanno Brunch & Japan Open-Air Folk Museum
Date, Sun, Jul 11
Adult \$28 / Youth (12-15) \$26 / Child (4-11) \$15 / 3 & under \$5

Toshimaen Amusement Park
Date: Sun, Jul 11 • \$8

Baseball: Yokohama Bay Stars vs. Hiroshima Carp
Date: Sat, Jul 17 • \$38

Mt. Fuji One-Day Climb
Date: Sat, Jul 17 • \$30

Yokohama Port Fireworks at North Pier
Date: Sun, Jul 18 • \$6

Summer Break Excursions – Maritime Science Museum
Date: Fri, Jul 23 • \$6

Mt. Fuji One-Day Climb
Date: Sat, Jul 24 • \$30

Tokyo Sightseeing
Date: Sat, Jul 24 • Adult \$30 / Youth (6-11) \$25 / Child (0-5) \$19

Jindaiji Temple & Botanical Garden
Date: Sun, Jul 25 • Adult \$25 / Youth (6-11) \$20 / Child (0-5) \$14

Oiso Long Beach Pool Park
Date: Sun, Jul 25
Adult \$42 / Youth (12-17) \$24 / Youth (6-11) \$19 / Child (3-5) \$9

Tokyo Auto Gallery 2004
Date: Sun, Jul 25 • \$15

Hakone Kosui Festival
Date: Sat, Jul 31 • Adult \$35 / Youth (6-11) \$28 / Child \$10



"Go for the Gold"

Summer Read-A-Thon



14 Jun - 16 Aug

*Sharpen your reading and comprehension skills
during summer break!*

For more information, call the Library 264-3776



**Officers' Club
Kurofune Lounge**



Ladies Night Out **Karaoke**

With D.J. Dave Tucker



Thursdays 1900 to 2300.
Bring your friends to a fun
packed evening where you
can be the star!

For details call 243-5030/5002.



CLOSED
For
Renovation

AUTO HOBBY SHOP

The MWR Auto Hobby Shop will be secured Thursday, June 24 through Monday, June 28 . We apologize for any inconvenience this may cause.

For details call 243-5356



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Use this information for personal interest, Command POD Notices, Newsletters, etc.

NAVAL AIR STATION LEMOORE

June 18th - July 1st

Friday, June 18

Fleet & Family Support Center- Senior Tap June 28th... for information call 998-4042.

Health & Activity Center- Muscle Pump Class at 8am-9am... Tone up those muscles!

Call 998-4883 for info.

Fleet & Family Support Center- Married to the Military... Understanding Military rules, regulations and traditions - get all the information in one class. Call 998-4042 to sign up.

Let's Go To The Movies... *Man on Fire (R)* starting at 7pm in MWR Theater

Saturday, June 19

Tickets & Tours- Magic Mountain Trip on June 26... Visit the Xtreme Park with the coolest roller coasters on the West coast! **Sign up before the 23rd.** Call 997-7000 for more info.

Tailhooks Bowling Center- Family Day... EXTREME Bowling...Lights, Music & Bowling...

For more details call 998-4647

Outdoor Adventure Center- Deadline to sign up for Sea Kayaking June 18th... Enjoy a relaxing day of kayaking at Monterey. Trip is on June 26. For more information call 997-8983.

Let's Go To The Movies... *13 Going on 30 (PG13)* starting at 7pm in MWR Theater

Sunday, June 20

The Nap's & Village Scoop WILL BE CLOSED - while PW is upgrading the Air Conditioning capabilities

The Village Pool & Outdoors WILL REMAIN OPEN from 12 to 6

Tailhooks Bowling Center-Father's Day Special - Dads bowl free with paid children game! For more details call 998-4647.

Aquatics- The Village Pool OPEN 7 Days a Week... There's no better place for summer fun than The Village, and it is open every day from 12pm-6pm. Call 997-2221 for more information.

Let's Go To The Movies... *The Punisher (R)* starting at 7pm in MWR Theater

Monday, June 21

The Nap's & Village Scoop WILL BE CLOSED - while PW is upgrading the Air Conditioning capabilities

The Village Pool & Outdoors WILL REMAIN OPEN from 12 to 6

Health & Activity Center- Kwando Kickboxing... This high-intensity workout will turn you into a knockout. For more information call 998-4883.

Aquatics- The Village Pool OPEN 7 Days a Week... There's no better place for summer fun than The Village, and it is open every day from 12pm-6pm. Call 997-2221 for more information.

Tuesday, June 22

Outdoor Adventure Center- Summer Fun... Rent a Jet Ski, kayak, or skiing boat from OAC! OAC has all the equipment for your summer adventures. Call 997-8983 for info.

Health & Activity Center- Aqua Aerobics from 5pm-6pm... Get in shape in the cool pool! For more information call 998-4883.

Aquatics- Private & Group Swim Lessons for Children & Adults... Learn to swim with a group, or one on one with a trainer. For more information, call 998-2077.

Wednesday, June 23

Tailhooks Bowling Center- Red Head Pin Bowling... On Monday - Friday from 11am-4pm, get a strike with a redhead pin and that game is FREE! Call 998-4647.

Tickets & Tours- Deadline to sign up for Magic Mountain Trip on June 26... Visit the Xtreme Park with the coolest roller coasters on the West coast! Call 997-7000 for more info.

Fleet & Family Support Center- Ombudsman Training on June 28-30... Call 998-4042 for more info.

Thursday, June 24

The Village- Cabana FREE Line Dancing Lessons... From 8pm-10pm Kellene will be teaching FREE line dancing, and at 10pm, the Cabana will bust out with Smoking Karaoke. Call 997-2221 for info.

Fleet & Family Center- Sign up for Chief, I'm Broke Class on June 30... Call 998-4042 for more information.

Aquatics- Private Swimming Lessons... Learn at your own pace and get the specialized training you need. Lessons are for both children and adults. Call 998-2077 to sign up today!

Let's Go To The Movies, Adults ONLY Night... Envy (PG13) starting @ 7pm MWR Theater

Friday, June 25

Health & Activity Center - 8am-9am Muscle Pump / 11:30am-12:30pm Kwando Kickboxing / 6pm-7pm Freestyle Cardio. Call 998-4883 for more info and for other classes

Tickets & Tours - checkout the all the discount tickets at Desk Services - Universal Studios, SeaWorld, etc...etc...

Let's Go To The Movies... Envy (PG13) starting at 7pm MWR Theater

Saturday, June 26

Outdoor Adventure Center- Sea Kayaking... Enjoy a day of paddling, swimming & Sightseeing!

Sign up by June 19. Call 997-8983.

Health & Activity Center- GoJu Karate Classes... Classes available for every level of participant. Classes offered on Saturday & Sunday. Call 998-4883 for more info.

The Village- Pool Open Daily... Beat the heat in the pool, grind a rail at the skate park, swing away in the batting cages, or even play a game of sand volleyball. Call 997-2221 for more information.

Let's Go To The Movies... Mean Girls (PG13) starting at 7pm MWR Theater

Sunday, June 27

Tailhooks Bowling Center- Family Day... Enjoy spending time with the family and bowl for only \$0.75 per player, per game. For more details call 998-4647.

The Village - Nap's Burger Special... Get a delicious Nap's burger with choice of one side for ONLY \$4! Call 997-2221 for more details.

Let's Go To The Movies... God Send (PG13) starting at 7pm MWR Theater

Monday, June 28

The Village- Nap's Chicken Caesar Salad Special... Get a delicious Caesar salad topped with grilled or fried chicken breast for ONLY \$5! Call 997-2221 for info.

Fleet & Family Support Center- Ombudsman Basic Training on June 28-30... Call 998-4042

Outdoor Adventure Center- Rent Summer Adventure Equipment... Are you a water sport lover? Get your hands on our Reinell ski boat, Jet Ski, or fishing boat! Call 997-8983 for details.

Tuesday, June 29

The Village- Getting the Scoop... Let some of the Village's delicious ice cream cool you down in the hot California sun. Call 997-2221 for more information.

Tailhooks Bowling Center- Red Head Pin Bowling... Get a strike with a red head pin, Monday-Friday from 11am-4pm and that game is FREE!!! Call 998-4647 for info.

The Village- Nap's Kids Eat FREE... Children get a FREE meal off the kids' menu with a regular priced entrée off the adult menu. **Dine in only.** Call 997-2221 for more details.

Wednesday, June 30

Tailhooks Bowling Center- June Special at the Snack Bar... Get a bacon, lettuce & tomato sandwich, bag of chips, and small Drink for ONLY \$4.25 ***PLUS***a FREE Ice Cream Cup! Call 998-4647 for info.

Health & Activity Center- Fat Burner Rush at 6pm... Burn that fat and tone your muscle! Call 998-4883

Thursday, July 1

Aquatics- Private Swimming Lessons for Adults and Children... These specialized lessons are great for accelerated results and are for all swimming levels. Contact 997-2077 for more details.

The Village- Skate Park... Enjoy 2-quarter pipes, a mini half pipe, a quarter pipe spine, a quarter hip, a launch box and more! Open from 12pm-9pm daily. Call 997-2221 for details.

Health & Activity Center- Aqua Aerobics at 6pm... Get in shape with the no-impact workout in the HAC pool.
Call 998-4883 for more details.

Let's Go To The Movies, Adults ONLY Night... Van Helsing (PG13) starting at 7pm in MWR Theater

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The Nap's & the Village Cyber Cafe will be

CLOSED

Sunday, June 20, 2004 & Monday, June 21, 2004,
while PW is upgrading the Air Conditioning capabilities.

We apologize for any inconvenience.

The Village Pool will remain OPEN
from 12-6.

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# Village Swimming Pool OPEN DAILY!

Dive in...Cool off...the Pool is open 12pm - 6pm.

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Try the NEW Village Pool Deck
Specials

(not available June 20th & 21st)

Cheeseburger / Fries / Soda - \$3.75

Hamburger / Fries / Soda - \$3.50

Hot Dog / Fries / Soda - \$3.00

Place your Order at the Village Recreation Desk

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*Play volleyball on the sand...soak up some sun...cool off in the pool...  
do tricks at the Skate Park...knock some balls in the batting cages...  
all this and more at the Village Outdoors!*

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Summer Season Fees - Memorial Day Weekend-Labor Day

Daily: \$2.50 Children - \$3.00 Adults - \$3.50 Guests

Includes access to the Swimming Pool, Batting Cages, Sand Volleyball & Skate Park.

Purchase a pass for the Village Outdoors!

Summer Village Pass:

\$30 Individual - \$50 Monthly Family

\$70 Seasonal Individual - \$120 Seasonal family

Includes access to the Swimming Pool, Batting Cages, Sand Volleyball & Skate Park.

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Swimming Lessons & More!

Do you or your child want to learn how to swim?

*Become **Red Cross Certified** in CPR? Become a Life Guard?*

If so call the Aquatics Department @ 998-2077 to learn more.

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GET THE SCOOP...AT THE VILLAGE SCOOP!

CLOSED Sunday June 20, 2004 & Monday June 21, 2004.

Maintenance is being done on the air conditioner.

Get your java fix here!

The Village Scoop features Starbucks Coffee!

The Village "SCOOP"... get a scoop or 2 or 3 of your favorite **ICE CREAM** flavor.

Cones, Sundaes, and even Banana Splits will be there waiting for you!!!

Also you will want to try....

At the **Village Cyber Cafe** you'll have access to 15 top of the line computers.
Try your favorite games & even compete "world wide",
keep in touch with friends - send and receive your email or just surf the net.
The **Village Recreation Center** will be stocked with your favorite Arcade and
Amusement Games.
You will find 15 of the Top 15 U.S. Games right here at the Village Recreation Center.
Games will rotate on a monthly basis, so boredom is not an option!!

Hours of Operation:

Monday - Thursday - 7am - 9pm

Friday - 7am - 11pm

Saturday - 11am - 11pm

Sunday - 11am - 9pm

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Call: 997-2221 for **Tickets & Sign Up Center**  
Call: 997-2222 for **Take Out** at Nap's Southern Grill & Bar  
Call: 997-2224 to **Reserve a Table** (Monday thru Thursday only) at Nap's  
Southern Grill & Bar

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NAPS SOUTHERN GRILL & BAR

CLOSED Sunday June 20, 2004 & Monday June 21, 2004.

Maintenance is being done on the air conditioner.

Check Out Nap's **June** Specials!

Eat too much over the weekend? Watching that waistline?

Nap's got a great **Monday special** for you to try...

A tasty **Chicken Caesar Salad** for only 5 Bucks!!!

Tuesday's at Naps...KIDS NIGHT!

Kids eat FREE off of the children's menu with a purchase
of one regular priced adult entrees.

Offer valid for dine in only. Not valid for take out. (Limit 2 kids meals per one adult
entree ordered.)

A Clown will entertain you from 6pm - 8pm.

Wednesdays, Nap's wants you to try his

Pulled Pork sandwich...it's um, um good! Only 4 bucks!
You even get your choice of one side item! You can't beat that!

**On Sundays Nap's wants you to get
some of those**

Charbroiled burgers you love s0000 much!
Only 4 Bucks for the burger of your choice off the regular menu,
and of course you get a choice of one side item!

**Nap's Feature of the month: NY
Strip Steak**

**NY Strip Steak & your choice of 2 sides and it's served
with**

Texas toast and a corm muffin for only \$15.75!

Now you're talkin'! Whatcha' waitin' for...

Come Getcha' Some!

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**Village Cabana**

*Friends, Fun, and More!*

Thursdays...Learn to **Line Dance For FREE...YEE HA!** 8pm -  
10pm

Thursdays 10pm - 2am

*Karaoke...practice those new dance moves and sing a few  
songs.*

**Friday Hip-Hop Night! Put on your  
dancing shoes!**

**Pool Tournament** in the Recreation Room. Sign-ups begin at 6pm at the Tickets &  
Sign-up Center.

Tournament starts at 7pm. **Weekly winners win \$10 gift certificates to Nap's  
Southern Grill & Bar.**

The weekly winner will be invited back to compete in the Final Round of the Pool  
Tournament on June 25th.

**You could win a trip to Six Flags Magic Mountain!**

## **Saturday - Karaoke!**

*Keep practicing and you may be on TV's American Idol someday...yeah right!*

Open 10pm - 2pm Thursdays, Fridays & Saturdays

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Village Community Complex Hours of Operation:

The Village:

The Scoop, Recreation Center, Cyber Center & Ticket & Sign-up Center

Monday - Thursday - 7am - 9pm

Friday - 7am - 11pm

Saturday - 11am - 11pm

Sunday - 11am - 9pm

Skate Park & Batting Cages:

Open Daily- 5pm - 9pm

(Hours & Days will expand Memorial Day Weekend to 12pm - 9pm Daily)

Village Outdoors:

Open Daily

Swimming Pool - Sand Volleyball

Open Daily - 12pm - 6pm

Naps Southern Grill & Bar:

Sunday - Wednesday 11am - 9pm

Thursday - Saturday 11am - 11pm

Bar: 11am - 2am

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**ATTENTION - This Thursday @ the MWR Theater -  
ATTENTION**

**"Adults Only Night"**

**Thursday, June 17th @ 7pm - "Man on Fire"- (R)**

**Must 18 or older to enter.**

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Outdoor Adventure Center

"Adventure" is our name!

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**FEEL THE WIND IN YOUR FACE!**

**Tandem Sky Diving Over Monterey Bay**

***Saturday, June 19th***

The tandem skydive is the easiest way to introduce anyone to the wonderful sport of skydiving.

The pre-jump training can be done in as little as 15-20 minutes. A tandem jump is one in which the student and instructor are harnessed together in a parachute built for two. After approximately a 60-second freefall, the tandem master pulls the ripcord. Together they steer and land the parachute. The landing area is on the Marina Airport in Monterey Bay.

Friends and family can easily watch you prepare for your jump, climb on the aircraft and then watch you land nearby.

**Price of \$170 per person includes lunch, transportation and equipment.**

If you would like to purchase a video for \$89 a professional freefall videographer will accompany you, documenting your entire skydive. You will receive a 5-8 minute video of your journey, professionally edited with the music you have selected and special effects. PAL format is also available for those of you visiting us from around the world. Don't miss the opportunity to capture your first skydive. (The video is at the patrons expense.) You must be 18 years of age to jump.



Sign up no later than Thursday, June 17th.

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Sea Kayaking

Saturday, June 26th

Join OAC for a relaxing day of Sea Kayaking in Santa Barbara. You will enjoy a day of paddling, swimming, and sight-seeing, all for the **price of \$85 per person.**

The price includes transportation, equipment, guide and lunch. We point out marine ecology and natural and human history along the way. Leave OAC at 6am and return by 7pm .
Sign up no later than June 18th.

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## Summer Adventures

For all you water sport lovers, OAC has jet ski's, fishing boats and also our Reinell ski boat is ready for check out.

For only \$250 and a \$100 deposit you can ride those waves for the weekend . With a V-6 Volvo Penta inboard/outboard motor, seating for 8 people and for a low fee you can rent a

wakeboard, water ski's and have all the fun you want with your family or friends.

Or try one of our jet ski's for the weekend at \$150 with a \$50 deposit. Feel the adrenaline pump through your veins as you ride waves, twists and turns.

Reinell ski boat, jet ski's and fishing boats are ready for rental.

If you are Active Duty you can reserve 14 days in advance.

Retired or DoD can reserve 7 days in advance.

Deposit is due upon reservation.

Don't forget to get your Boater Safety Course!

*You must be certified in the state of California to operate a motorized water craft.*

*Get your boater safety manual at OAC, or go online to [www.boatus.com](http://www.boatus.com) and take the online test. Bring your results into the OAC and you will receive your certification.*

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CAMPING RENTALS

Rent your camping supplies from OAC!

OAC has everything you need for your camping adventure.

Rentals are a low fee and you can keep them 4 days!

Sleeping bags, tents, tables, chairs, ice chests, canopy, mountain boards, cook stoves, lanterns and more!

Stop by today and see everything OAC has to offer!

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# Party Fun!

Planning a party?

Did you know that OAC rents a Bounce House and a Dunk Tank?  
Make your party a success, call OAC today and make your reservation today!

*(Reservations are accepted up to 2 weeks in advance.)*

Bounce House - \$35.00 per hour (Minimum 2 hours)

Dunk Tank- \$35.00 per hour (Minimum 2 hours)

If dunk tank or bounce house is rented from 9am - 4pm -\$100.00

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Call OAC for more info! 559-997-8983

Open: Mondays - 6am - 5pm ~ Tuesdays thru Fridays - 8am - 5pm

Closed Weekends & Holidays.

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Please do not reply to this email or send email to the "Mailer QOL (NASL)" address. "Mailer QOL (NASL)" is an account set up for email distribution only

**July is**

National Hotdog Month

National Ice Cream Month

National Culinary Arts Month

National Recreation and Parks Month

*2004 Daily Observances*

4 Independence Day

18 Ice Cream Day

27 Parent's Day

27 Junior Golfers' Day

**Hot Dog Month** - July is National Hot Dog Month, and according to the National Hot Dog and Sausage Council, Americans will be consuming the infamous little red tubes of "meat" in record numbers this summer. The Council estimates that over **seven billion** hot dogs will be eaten by Americans between Memorial Day and Labor Day. During the July 4th weekend alone (the biggest hot dog holiday of the year), **155 million** will be downed.

*www.hot-dog.org*

**National Ice Cream Month** - In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by a full 90% of the nation's population. In the proclamation, President Reagan called for all people of the United States to observe these events with "appropriate ceremonies and activities."

*International Dairy Foods Association*

**National Recreation and Parks Month** – visit [www.NRPA.org](http://www.NRPA.org)

**Independence Day** – July 4, 1776. The United States commemorates the adoption of the Declaration of Independence by the Continental Congress.

*Chase's 2003 Calendar of Events*

**Parent's Day** – To pay tribute to the men and women across our country whose devotion as parents strengthens our society and forms the foundation for a brighter America. Public Law 103-362. Annually the fourth Sunday in July.

*Chase's 2003 Calendar of Events*

Link to MWR Calendar <http://mwr.navy.mil/subpages/mwr03calendar.rtf>

**August** is  
National Back-to-School Month  
National KIDSDAY  
National Literacy Month  
National Catfish Month

*2004 Daily Observances*

- 1      MTV Premiere Anniversary (1981)
- 1      World Wide Web Anniversary (1990)
- 3      National Night Out
- 4      Coast Guard Day
- 26     Women's Equality Suffrage Day

**National Night Out** - a year-long community building campaign, is designed to: (1) Heighten crime prevention awareness; (2) Generate support for, and participation in, local anticrime programs; (3) Strengthen neighborhood spirit and police-community partnerships; and (4) Send a message to criminals letting them know that neighborhoods are organized and fighting back. Along with the traditional outside lights and front porch vigils, most cities and towns now celebrate National Night Out with a variety of special citywide and neighborhood events such as: block parties,

**September** is ...

National 5-A-Day Month  
National Chicken Month  
National Biscuit Month  
National Honey Month  
National Rice Month  
Sea Cadet Month

*2004 Daily Observances*

2      V-J Day  
6      Labor Day  
5-12   National Emergency Preparedness Week  
12     National Grandparent's Day  
17     Citizenship Day  
17-23   Constitution Week  
17     National POW/MIA Recognition Day  
25     Yom Kippur or Day of Atonement (Jewish observance)

Link to MWR Calendar <http://mwr.navy.mil/subpages/mwr04calendar.rtf>